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WORLD CUP ROUNDUP: DAY 4

MESSI AND CO. GET ARGENTINA OFF TO A GOOD START, WHILE FRANCE DOMINATES AND SWITZERLAND WINS IN DRAMATIC FASHION PAGE 13

HITTING THE MARK

Candace Bloomquist, quarterback for the Saskatoon Valkyries, looks for an open receiver during a WWCFL Prairie Conference semifinal game against the Manitoba Fearless on Sunday at Griffiths Stadium at the University of Saskatchewan. The Valkyries pounded Manitoba 48-6, and will take on the Regina Riot next Sunday in the conference final in Saskatoon. JACOB MORGAN/METRO

Plane crash kills two in SE Saskatchewan

Transport Canada investigating. Men confirmed dead at crash site near Torquay

ROSS ROMANIUK
Metro in Regina

Two men are dead after a crash of a small plane in southeastern Saskatchewan on Sunday morning.

The Cessna crashed near Torquay, about 200 kilometres southeast of Regina, prompting a call to RCMP shortly after 10 a.m.

The two men were the aircraft's only occupants and were confirmed dead at the scene. RCMP did not release their names while they tried to contact their families.

The wreckage of the plane crash near Tourquay. COURTESY RCMP

By mid-afternoon, RCMP spokeswoman Mandy Maier had no details on the plane or its flight, or information on the victims and their home towns.

"We still have members on scene out there, so that will hopefully become a little more clear once they finish their investigation," Maier told Metro, noting that officers from Estevan responded to the crash call.

"There are no more details. That's part of the investigation process at this point, to determine what was happening."

Maier couldn't specify when the probe into the crash will shed more light on the tragedy.

"The Transport Canada safety board investigation team is involved. That's all I have at this point," she said.

The plane was reported overdue shortly before the wreckage was discovered in a field, police said.

Police released a photograph of the wreckage in the apparently remote location.

NEWS 1

SGI

Distracted driving surpasses impaired driving as top threat

Whether it's being fought through advertising campaigns, ramped-up educational blitzes or heftier penalties, it's become clear that distracted driving is the new chief menace on roadways in Saskatchewan.

While policy-makers acknowledge that vigilance is required to stamp out impaired driving, attention is increasingly focused on dangerous habits behind the wheel — namely, using cellphones.

"Twenty-five per cent of all crashes in the province are attributed to distracted driving," said Kelley Brinkworth, spokeswoman for Saskatchewan Government Insurance.

"We still see way too many people doing it."

Brinkworth said the number of fatalities on Saskatchewan roads stemming from distracted driving surpassed those caused by impaired driving in 2012.

"For the longest time, impaired driving was the most deadly (dangerous) driving behaviour," she noted.

Under provincial regulations to take effect on June 27, drivers caught using cellphones twice in the course of a year will have their vehicles seized for up to a week.

Battling distracted driving, Brinkworth notes, remains a major goal for regulators as the government cracks down.

Under the new rules, impaired drivers will also face roadside vehicle seizures increasing in severity from three days to 14 days, depending on driver experience and the number of previous offences.

Drivers charged with exceeding 0.08 per cent blood-alcohol content or refusing a breath test will have their vehicles confiscated for up to 60 days, while those caught for other distracted-driving offences for a third time within a year will have their vehicles seized for up to seven days.

MARCO VIGLIOTTI/METRO IN REGINA

Writer 'over the moon' about book's rock 'n' roll revamp

Reissue. Saskatoon's Wes Funk partners with local artist Kevin Hastings to illustrate Dead Rock Stars

JACOB MORGAN
jacob.morgan@metronews.ca

Wes Funk's 2008 novel Dead Rock Stars is getting a makeover.

The writer has partnered with Saskatoon artist Kevin Hastings to reissue the book and incorporate portraits of musicians mentioned in the story.

"I am over the moon," Funk told Metro.

"The drawings are really dramatic and a little bit dark, just like rock 'n' roll is supposed to be."

He added that flashbacks in the plot are loosely based on his experiences growing up gay in small-town Saskatchewan during the late 1970s and early '80s.

The story's protagonist, Jackson Hill, finds solace in music after he is outed and ostracized in his community.

"Each chapter title in the book is named after an iconic rock song," explained Funk.

"So it all tied together quite nicely."

Hastings used charcoal and pencils for the black-and-white illustrations, looking to material such as photographs, album covers and other media for inspiration.

"I tried to go with a little more realism, but there always has to be something in that picture that draws you to it," Hastings said. "You can feel the energy."

Some of his pieces include a swaggering Steven Tyler of Aerosmith, a passionate Freddie Mercury and a playful image of the early Beatles.

Their work is the subject of a gallery at the Frances Morrison Library until July 10, and Hastings said it's his first official art show.

"When (Funk) asked if I wanted to be part of the illustrated version," he said, "it was a no-brainer because I like the book so much."

Funk hopes to have the book out this fall, but there is no release date yet.

Artist Kevin Hastings stands next to one of his black-and-white drawings depicting Aerosmith's Steven Tyler at the Frances Morrison Library. Hastings is partnering with Saskatoon-based writer Wes Funk for an illustrated reissue of the 2008 novel Dead Rock Stars. JACOB MORGAN/METRO

MoSo all about that small-town vibe

The latest edition of the MoSo technology conference and music festival wrapped up this past weekend, bringing a community feel to big-city programming.

Toronto-based digital strategist Marie Nicola, a keynote speaker, said she hopes to return to the Saskatoon event.

"I keep describing it as the Sundance of digital-media conferences," Nicola said, referring to the prominent film festival in the U.S.

One reason for this, she said, is the friendly atmosphere MoSo and Saskatoon offer.

"You can connect with people and talk to people you might not have access to otherwise," said Nicola, who co-founded Canada's first live-streaming online talk show.

Nicola said she previously tried to connect with director Brian Knappenberger and missed him at a Toronto festival.

Knappenberger's documentary, The Internet's Own Boy, screened at MoSo and Nicola seized her chance.

"We had a Skype conversation and I was able to ask him some questions," she said. "I was really excited about that."

Conference director Desaree Larsen said new ventures this year strengthened professional development for attendees.

The Ladies Learning Code event, Larsen added, helped the conference realize its goal of being "supportive of women in technology."

Rich Taylor, director of MoSo's music festival, said there is a healthy crossover between both sides of the schedule.

"You get game developers talking with local musicians," he said.

With high-profile acts such as Atlas Sound and Timber Timbre joining the lineup, Taylor said, the event is bridging a gap between Saskatchewan artists and the wider music world.

JACOB MORGAN/METRO

Israel accuses Hamas of kidnapping teens

Escalating tensions. Israeli troops arrest dozens of members of Hamas and close off West Bank roads in a frantic search for three missing youths

Israeli troops on Sunday arrested some 80 Palestinians, including dozens of members of Hamas, in an overnight raid in the West Bank as the prime minister accused the Islamic militant group of kidnapping three teenagers who went missing nearly three days ago.

The crisis escalated already heightened tensions between Israel and the new Palestinian government, which is headed by Western-backed President Mahmoud Abbas but backed by Hamas.

Israeli Prime Minister Benjamin Netanyahu provided no evidence to back his claims. Palestinian officials rejected Netanyahu's contention that they are responsible. Hamas, meanwhile, praised the apparent kidnapping but stopped short of accepting responsibility.

Eyal Yifrah, 19, Gil-Ad Shaer, 16, and Naftali Frenkel, 16, who is also a U.S. citizen, disappeared Thursday night as they were heading home from a West Bank religious school. Officials confirmed that one of the teens called a police emergency line around 10:25 p.m. and said, "We've been kidnapped." They have not been heard from since then. THE ASSOCIATED PRESS

Israeli soldiers take position Sunday during a military operation searching for three missing teens near the West Bank city of Hebron. MAJDI MOHAMMED/THE ASSOCIATED PRESS

Election. Afghans brave threats, violence to vote

Insurgents cut the fingers off nearly a dozen voters and killed 11 other people, including four election workers, to punish them for voting in this weekend's presidential runoff, officials said Sunday.

The Taliban had warned people not to participate in Saturday's vote. The two candidates, former Foreign Minister Abdullah Abdullah and former Finance Minister Ashraf Ghani Ahmadzai, have both vowed to improve ties with the West and sign a long-delayed security pact allowing nearly 10,000 U.S. troops to remain in the country for two more years.

Afghanistan was relatively quiet the day after the second round of voting as the process of counting the votes began. Official preliminary results are to be announced on July 2, with final results released on July 22. The commission plans to release partial results in the coming weeks. A series of rocket barrages and other scattered attacks did occur that Interior Minister Mohammad Umar Daudzai said killed 47 people, including 20 civilians and an election commission worker. He said 60 militants were killed.

The presidential runoff will likely mark the country's first peaceful transfer of authority, an important step toward democracy as foreign combat troops leave.

The Independent Election Commission said initial estimates showed that more than seven million Afghans voted Saturday, or about 60 per cent of the country's 12 million eligible voters.

THE ASSOCIATED PRESS

Afghanistan's presidential candidate Abdullah Abdullah, centre, arrives for a news conference in Kabul, Afghanistan, Sunday. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

Egypt

Teacher gets six months in prison for insulting Islam

An Egyptian appeals court upheld a blasphemy conviction against a Coptic Christian teacher and sentenced her to six months in prison on Sunday, overturning an earlier ruling that only imposed a fine.

Egypt's state news agency MENA said the appellate court in Luxor ruled that elementary school teacher Dimyana Abdel-Nour had insulted Islam in front of her pupils.

Last year, Abdel-Nour was convicted and ordered to pay a fine of 100,000 Egyptian pounds (about $15,000), but she appealed. MENA reported that the prosecutors also appealed, saying the crime must be punishable by a prison sentence, not only a fine. THE ASSOCIATED PRESS

City of Saskatoon

FACTS ON INFRASTRUCTURE FUNDING:

A LETTER TO THE CITIZENS OF SASKATOON

Since the federal and provincial governments announced very generous contributions for two much-needed bridges in our city, you, the citizens of Saskatoon, may have been hearing a lot of confusing information about how taxpayer funds will be used.

It has become apparent I need to set the record straight.

Of course I understand and respect there will always be a variety of opinions about City operations and programs, however, there is only one set of facts.

P3 Funding

There are many benefits to a Public Private Partnership or P3 funding model. It allows municipalities to deliver much needed civic facilities or other infrastructure much **faster**; there is **less financial risk** to a city; and with the private sector taking the lead, P3 projects often result in **innovations that save taxpayers money**.

Further, a P3 model also ensures taxpayers receive a fully maintained asset over the life-span of the asset; that means there is no temptation for cities to put-off maintenance costs. Without this arrangement in place, taxpayers could be on the hook for even greater – and most surely – higher costs to fix-up critical infrastructure the public relies on.

North Commuter Parkway/Traffic Bridge Replacement Project

As a P3, the benefits of creating a new bridge and restoring an historic river crossing in our city for all vehicles, bicycles and pedestrians are many as well.

The bridges will help **reduce congestion** – and we've already seen evidence the Circle Drive South Bridge has done this with heavy truck traffic downtown. Less congestion means **greater mobility** for private vehicles and for Transit making a Bus Rapid Transit plan even more viable.

Finally, the North Commuter Parkway Bridge **will not** be a toll bridge.

City Finances

The City if one of a small number of municipalities that has and maintains a AAA credit rating; this is because we spend your tax dollars very carefully. As a result, we are able to borrow money for major infrastructure projects our growing community needs at lower rates. This also saves you money.

Long term debt financing is a valid and prudent means to acquire and fund major infrastructure.

To be able to pay with cash on hand is not always practical, nor realistic. Borrowing for major infrastructure is much the same as a home purchase; as consumers many of us rarely have the cash to buy a home outright: instead, we take out a mortgage — borrow the money, buy the property and pay it back to the lender. For certain, there is interest paid to the lender, but it is also the cost of providing ourselves and families with a place to live.

This is the same case for Saskatoon. Our growing community needs both new and replacement infrastructure and sometimes we borrow to build it. If we don't provide the infrastructure, the community remains at a standstill, the economy suffers, and the city becomes a less attractive place to live, work and play.

We are in good stead as a City with a solid vision and strategic plan set by City Council and a new Growing Forward! Initiative to plan and build a sustainable Saskatoon. **Our finances are strong and we will continue to move ahead and progress as a community**.

Kind regards,

Murray Totland
City Manager

Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neighbourhoods or security forces.

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS

Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

Ukraine declares day of mourning after insurgents shoot down plane

People gather during a rally in Independence Square in Kyiv, Ukraine, on Sunday. Ukraine's new president declared Sunday a day of mourning and vowed to punish those responsible after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for the Ukrainian forces — the deadliest single incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, an analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke firmly to glum-faced security officials at a televised emergency meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

Luhansk, a city near the border with Russia, is one of two eastern areas where separatists have seized government buildings and declared independence. Ukrainian forces still control the Luhansk airport.

THE ASSOCIATED PRESS

Escalating battle

- Nine crew and 40 troops were aboard the Il-76 troop transport when it went down early Saturday as it approached the airport at Luhansk, the Ukrainian prosecutor general's office said.
- Defence Ministry spokesman Bohdan Senyk said the rebels used anti-aircraft guns and a heavy machine-gun to down the plane, while the prosecutor general's office said rebels used an anti-aircraft missile.

Casey Kasem. DJ, who became king of Top 40 countdown, dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his signoff, he would tell viewers: "And don't forget: keep your feet on the ground and keep reaching for the stars."

Casey Kasem ERIC JAMISON/THE ASSOCIATED PRESS

Kasem's legacy reached well beyond music. His voice was heard in TV cartoons such as Scooby-Doo (he was Shaggy) and in numerous commercials.

THE ASSOCIATED PRESS

JetBlue

Flight diverted after passenger becomes unruly

A hollering, agitated passenger who ignored pleas to calm down spurred a pilot to divert a New York-Las Vegas JetBlue plane to Detroit over the weekend, according to the airline and a passenger's video.

Flight 211 was headed west from New York's Kennedy Airport when the passenger became unruly, and the captain decided to land in Detroit at around 8:30 a.m. Saturday out of "an abundance of caution," JetBlue Airways Corp. said in statement Sunday.

THE ASSOCIATED PRESS

Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make your own smart investment decisions. CHRISTIAN SCHNETTELKER/FLICKR

Trust your gut and mind

HOW TO ROLL
Alison Griffiths
metronews.ca

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich, in and of themselves, but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education as part of their job.

Unfortunately, too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessarily riddled with jargon and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again.

Also, request examples and visual representation of what the adviser is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

2. Trust your gut

Without fail, virtually everyone who has ever told me about a investment they regret has also confessed they felt uncomfortable or uncertain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Consider that there's a stock market correction of 20 per cent once every five years, on average. Do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

If in doubt, keep your money in a higher interest savings account and bonds until you are confident of a product or strategy.

Pipeline opponents plot next move

Resigned to the idea that federal government approval of the Northern Gateway pipeline is probably inevitable, opponents of the project are formulating a plan to make sure British Columbia's politicians remain opposed to it.

For months now, members of the Dogwood Initiative have been preparing for a provincial referendum akin to the vote that forced the Liberal government to repeal the harmonized sales tax in British Columbia.

Should Ottawa give the pipeline the go-ahead by this Tuesday's deadline and the province issues the necessary permits and authorizations, spokesperson Kai Nagata said his group will be ready.

The B.C. government officially declared its opposition to Northern Gateway and told the federal panel reviewing the project that it shouldn't go ahead as planned. When Premier Christy Clark pressed for a greater share of government revenues for the project she said repeatedly that while the final decision is in the federal purview, there are about 60 permits the province will have to issue for construction to begin.

"So the province could hold construction in limbo indefinitely," Nagata said.

THE CANADIAN PRESS

Genetically modified

Seeds of discontent dog plan for GMO field maps in Oregon

Oregon is looking into mapping GMO field locations across the state after the governor ordered it last fall, but the process faces many challenges.

The move was spurred by several cases of genetic contamination in the region that rendered non-engineered crops unsellable on the export market.

If the mapping goes ahead, Oregon would be the first state to mandate measures for coexistence between modified and non-modified crops.

Biotech companies and farmers who plant GMO crops say they already coexist and that mapping could lead to crop sabotage.

Organic farmers and others say a mandatory mapping system could increase transparency and help pinpoint the cause and location of genetic mixing.

THE ASSOCIATED PRESS

Bangkok go-go bars a go again

The generals who seized power in Thailand last month disrupted one of the country's most lucrative industries — the go-go bars that were forced to close early because of a curfew.

Now the junta has lifted the curfew, giving a green light for Bangkok's red-light districts and other evening activities to roar back to life. For the first time in a month, Saturday night freedom returned to the Thai capital.

"This is a party city, that's why we're here," said Dan Moore, a 40-year-old visitor from England who had arrived Saturday morning and planned to stay up all night to celebrate a friend's bachelor party. He had flown in, just like the 1980s pop song says, for "One Night in Bangkok."

Moore's group started the night on one of the capital's most infamous red-light streets, Soi Cowboy, where they toasted the curfew being lifted.

"As for what happens the rest of the night? Who knows. This is Bangkok," said the groom-to-be, another Englishman, who asked to be identified just by his first name, Darren, to save his future marriage.

THE ASSOCIATED PRESS

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PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE ATTORNEY GENERAL OF NOVA SCOTIA

TO: ***Former Residents of the Nova Scotia Home for Colored Children***
RE: ***Elwin et al. v. Nova Scotia Home for Colored Children et al.*** **– Hfx. No 343536**

What is this notice?
A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?
The Province of Nova Scotia will pay $29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?
A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?
No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?
No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?
For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
Toll Free: 1-800-465-8794. Fax: 902-422-1233
Web: http://wagners.co

This summary notice has been approved by the Supreme Court of Nova Scotia.
Do not Contact the Court about this Notice.

GHOST TRAIN STILL STEAMING

St. Louis, Sask.

After all, what other province can boast a ghost story dating back close to 100 years involving not just paranormal activity, but a possible beheading?

The legend of the St. Louis Ghost Train is a deliciously enduring mystery that residents of Saskatchewan love to share.

After all, what other province can boast a ghost story dating back close to 100 years involving not just paranormal activity, but a possible beheading?

The legend has so much allure that the spooky tale is depicted on one of five stamps issued on Friday the 13th as part of a Haunted Canada campaign from Canada Post.

The ghost train has been a part of St. Louis, Sask., lore for as long as anyone can remember.

When a rail line through the area was abandoned and its tracks removed years ago, some thought the phenomenon would end.

It didn't.

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

Locals say the ghostly apparition can still be seen almost every night.

The phenomenon has been featured on the television series Unsolved Mysteries and entails a strange light moving up and down along the abandoned rail line at night.

Several have attempted to explain the light, saying it's a ghost train or an apparition of a drunk brakeman who lost his head to a passing train and now wanders the tracks with a lantern attempting to find it.

Through it all, no one has been able to come up with a good explanation for the eerie sightings.

Two high school students from La Ronge won science gold medals for investigating and eventually duplicating the phenomenon, which they determined to be caused by an effect stemming from distant vehicle lights.

However, there is a problem with this theory: The light was seen before motor vehicles were around.

Anyway, it's far more fun to think a decapitated ghost is aimlessly wandering in a part of Saskatchewan.

Whatever it is that's fuelling legends and firing imaginations all these years, it hasn't gone away.

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

Follow Me To ...

The "Follow Me To" series, by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend–boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 7 in Scene and page 14 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Cat laps up punishment

ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)

JOHN MOORE/GETTY IMAGES

metro

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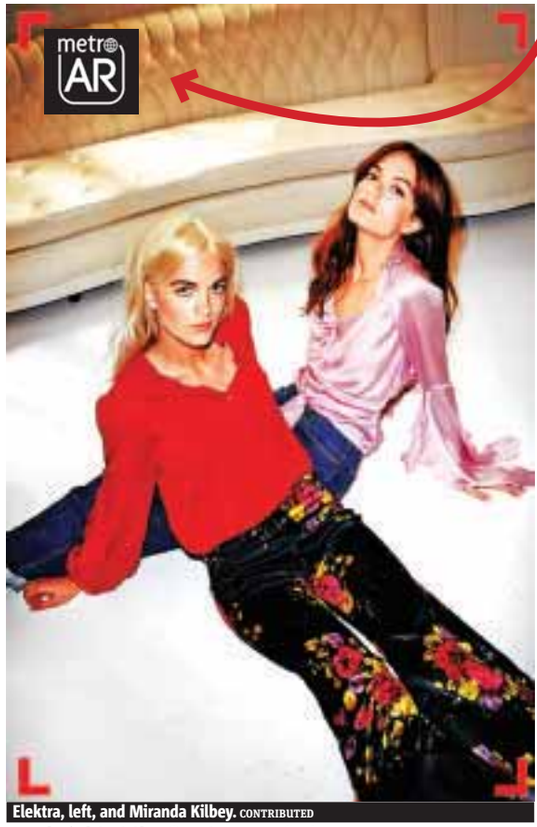
Haven't heard Everything We Touch yet? Scan the photo with your Metro News app to see the video!

Say Lou Lou: Double the sounds, double the trouble from sisters

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT
Metro World News in London



Elektra, left, and Miranda Kilbey. CONTRIBUTED

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP Everything We Touch dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.

It sounds like you had a good night at the Great Escape festival.
Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?
Miranda: Ugh, yeah, I fell over and hit my head after the party and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?
Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.
Miranda: Everyone says that, but you're like no, but yeah, but no, but…

Is it just a bit grubby?
Miranda: Yeah [laughs].

It seems like you've spent most of your lives on tour. Where do you call home?
Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridic. We're constantly on tour. It's weird, I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?
Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?
Miranda: I'm a very strong four-minutes-older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy, Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?
Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?
Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

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Ben Affleck. ALL PHOTOS GETTY IMAGES

Gambling is the lesser of Ben's evils

Maybe Ben Affleck's gambling problem isn't such a problem, as wife Jennifer Garner is reportedly standing by him despite taking issue with his casino habit, according to Radar Online. "Jen is happy with Ben gambling because she feels like it keeps him focused," a source says. "The alternatives are working, gambling and spending time with family or out on the town partying. Gambling replaces that last option. He's either working or gambling. His free time is non-existent. Now she has that rein on him, and gambling keeps him in check."

METRO WORLD NEWS

That's Dame Angelina to you

Angelina Jolie, actress, director, activist and now Dame received the title from The Queen in the annual list of birthday honours this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honour related to foreign policy means a great deal to me as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honour in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and Downton Abbey star Maggie Smith were also recognized Sunday.

Angelina Jolie

METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?

STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.

Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."

Lana Del Ray

Lana Del Rey wishes she was dead

Her last album was called Born to Die, so maybe we shouldn't be too shocked by Lana Del Rey being exceptionally morbid, but her latest proclamation is sounding some alarm bells. "I wish I was dead already," she tells the Guardian during an interview after comparing herself to some late heroes like Kurt Cobain and Amy Winehouse. When the interviewer tries to get her to take back the outrageous statement, Del Rey counters with, "I do! I don't want to have to keep doing this. But I am." So what's this "this" that she doesn't want to keep doing? "Everything. That's just how I feel. If it wasn't that way, then I wouldn't say it. I would be scared if I knew [death] was coming, but …"

METRO WORLD NEWS

May The Force be with Harrison Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon unexpectedly fell on him. "There's talk his ankle is actually broken. And he may still be in the hospital. The cast is livid. They are openly questioning the safety of sets. They've asked for everything to be triple-checked." Ford's wife, Calista Flockhart, has reportedly rushed to London to be by his side while he recovers.

Harrison Ford

METRO WORLD NEWS

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It takes guts to stop being a duck stuck in a financial rut

Changing bad habits. If you want to build a financial safety net, you must start by opening a savings account

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about $12 an hour, a $15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do something differently so you have a different outcome, you must start somewhere. You cannot save $10,000 until you save $1,000. You cannot save $1,000 until you save $100. You cannot save $100 until you save $10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website Gays With Kids — an online community for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, Gays With Kids co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. THE CANADIAN PRESS

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal Psychological Science, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.
THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemicellulose and resistant starch, which encourages the spread of lactobacillus. The health benefits associated with lactobacillus include fever symptom reduction to protecting against salmonella. THE ASSOCIATED PRESS

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow

I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than $46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. – *Lesley-Anne Scorgie/for Metro*

Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to $7,200 through the Canadian Education Savings Grant and $2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to $50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute $25 per month to the RESP and have reduced their aggressive debt repayment plans to $200 from $800 per month.

Peter is working diligently to secure freelance contracts valued at $18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their investment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved $19,700 since January.

Homework:
Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived May 2014
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Rent or own: Rent
- Top goals for 2014: pay off debt, start an RESP, and start saving a down payment.
- Current net worth: $85,700
- Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter.

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for babysitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately $500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra $100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately $50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately $550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or $2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construction safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved $26,400 since January.

Homework:
Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters aged five, three and one
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,300
- Homework from last month: Move into their new home without busting their budget.

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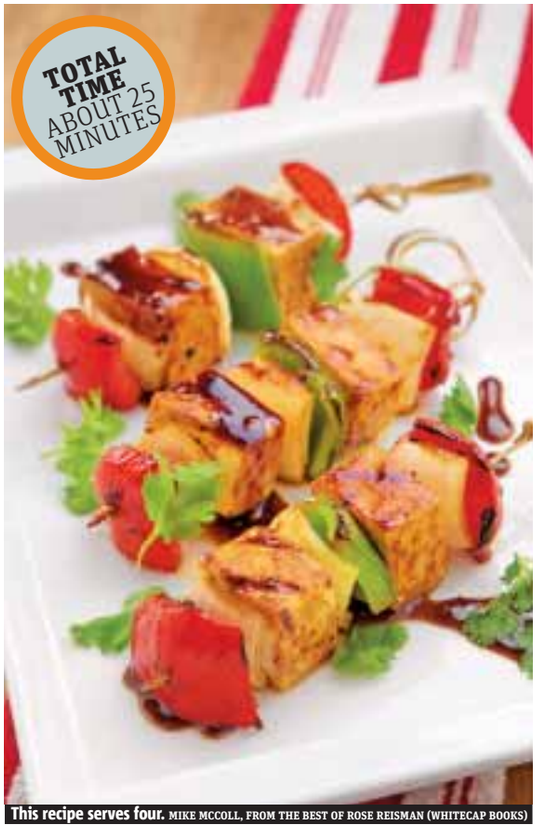

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Make it a meatless Monday

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these Tofu and Veggie Satays with Black Bean Hoisin Sauce.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because medium tofu is too soft and the extra firm too tough.

Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

When grilling, be sure to cook on a medium heat so you don't char the tofu or vegetables which can cause carcinogens.

Feel free to substitute the vegetables of your choice and adding a fruit such as mango, papaya or peach would be delicious.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a non-stick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Hoisin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft. Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional information

Per serving: 240 calories; 38.7 carbohydrates; 5.3 g fibre; 9.9 g protein; 7 g total fat; 1 g saturated fat; 0.5 mg cholesterol; 501 mg sodium

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)

Sauce

- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

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4 SPORTS

France 3, Honduras 0

Benzema a force to begin tourney

Karim Benzema scored twice and created a third that was confirmed by goal-line technology as France beat Honduras 3-0 Sunday in its first World Cup match.

The dominant win was a relief for France, whose team of highly paid players failed to win in South Africa and was sent home in a disgrace after going on a training strike.

"Winning 3-0 at a World Cup isn't easy," France coach Didier Deschamps said. "(The players should) savour the moment, there's nothing more wonderful."

THE ASSOCIATED PRESS

Switzerland 2, Ecuador 1

Swiss earn comeback win in stoppage time

Switzerland grabbed a winner with virtually the final kick to earn a 2-1 victory over Ecuador in the World Cup on Sunday, extending a run of come-from-behind wins that are becoming a theme of the tournament.

With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot. After wild Swiss celebrations, Ecuador's shell-shocked players barely had time to restart before the final whistle was blown.

It was the fifth time in the first nine matches in Brazil that a team had come from a goal down to win — but this was the most dramatic of all the comebacks.

THE ASSOCIATED PRESS

Argentina's Lionel Messi scores against Bosnia in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

It took Lionel Messi just over an hour in Argentina's World Cup opener against Bosnia-Herzegovina to show why so many fans consider him the best in the world.

After a frustrating first half, the Argentina captain scored in trademark style in the 65th minute on Sunday night, completing a quick 1-2 connection with Gonzalo Higuain and running through defenders before striking a brilliant left-footed shot off the post.

The goal — only the second for Messi on football's biggest stage — set off wild celebrations among the throngs of Argentine fans that had turned the famed Maracana stadium into a sea of blue and white. It also energized an unimpressive Argentina team that was ahead at that point only because of an early own goal by Bosnia.

Vedad Ibisevic scored a close-in goal in the 85th, but Argentina held on to win 2-1 in the Group F match.

"It's the first game, I was anxious, nervous," Messi said. "It was important to start with a win. We've got to improve certain things, but it was important to start with the three points."

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before the ball bounced off Kolasinovic's foot into Bosnia's goal.

THE ASSOCIATED PRESS

Standoff in Rio

A Brazilian police officer can be seen on an Associated Press video firing what appears to be a live pistol round at anti-World Cup protesters Sunday near Rio de Janeiro's Maracana soccer stadium.

- During the small but violent protest, another man in plainclothes who identifies himself as a police officer also pulls a pistol and fires two shots into the air near the stadium.

Kaymer dominant in winning U.S. Open

Martin Kaymer reacts after completing his eight-stroke win at the U.S. Open on Sunday in Pinehurst, N.C. STREETER LECKA/GETTY IMAGES

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open.

Kaymer closed with a 1-under 69 — the only player from the last eight groups to break par — for an eight-shot victory over Rickie Fowler and Erik Compton, the two-time heart transplant recipient and the only player who even remotely challenged the 29-year-old German.

So dominant was Kaymer that no one got closer than four shots over the final 48 holes.

Only a late bogey kept Kaymer from joining Tiger Woods and Rory McIlroy as the only players to finish a U.S. Open in double digits under par. He made a 15-foot par putt on the 18th hole, dropping his putter as the ball fell into the centre of the cup, just like so many other putts this week.

"No one was catching Kaymer this week," Compton said, who closed with a 72. "I was playing for second. I think we all were playing for second."

THE ASSOCIATED PRESS

Pulling away early

65

Martin Kaymer set the U.S. Open record with back-to-back rounds of 65 to set the pace at 10-under 130 through Friday.

Scan the image to view a gallery of the Stanley Cup celebrations in Los Angeles

Spurs' Big 3 thwarts Heat's 3-peat bid

NBA Finals. San Antonio wins its fifth title after wrapping up series in five games

Game 5

Spurs	Heat
104	87

From their low moment in the NBA Finals, back to the top of the league.

The San Antonio Spurs turned the rematch with the Miami Heat into no match at all.

The Spurs finished off a dominant run to their fifth NBA championship Sunday night, ending the Heat's two-year title reign with a 104-87 victory that wrapped up the series in five games.

A year after their heart-breaking seven-game defeat, their only loss in six finals appearances, the Spurs won four routs to deny Miami's quest for a third straight championship.

"Hard to believe, isn't it? Manu Ginobili said. "We played at a really high level."

Kawhi Leonard, named the finals MVP, had 22 points and 10 rebounds for the Spurs. San Antonio added this title to the ones the Spurs won in 1999, 2003, 2005 and 2007. They nearly had another last year, but couldn't hold off the Heat and lost in seven games.

San Antonio rebounded from an early 16-point deficit by outscoring the Heat 37-13 from the start of the second quarter to midway in the third.

The celebration the Heat cancelled last season was on by the early second half Sunday.

LeBron James had 17 first-quarter points to help the Heat get off to a fast start. But it wasn't enough. He finished with 31 points and 10 rebounds for the Heat, who lost their spot atop the NBA to the team that had it so long.

The Spurs won four titles in nine years, but hadn't been back on top since 2007.

Tim Duncan and coach Gregg Popovich have been here for all of them, and it was the fourth for Tony Parker and Ginobili, who with Duncan are once again the reigning the Big Three in the NBA.

"Just a great team and we do it together," Parker said.

Bosh finished with 13 points and Wade just 11 on 4-of-12 shooting for the Heat, providing James nowhere near the help he needed.

The painful conclusion to last year served as the fuel for this one, powering the Spurs to a 62-win season that topped the NBA and led to a rematch with Miami, the NBA's first in the finals since Chicago beat Utah in 1997-98. THE ASSOCIATED PRESS

Bright future

"Right now, it's just surreal to me.... I have a great group of guys behind me."

Spurs forward Kawhi Leonard, on being named the NBA Finals MVP

Kawhi Leonard of the San Antonio Spurs celebrates after being named the MVP following Game 5 of the NBA Finals against the Miami Heat on Sunday in San Antonio. The Spurs won 104-87. CHRIS COVATTA/GETTY IMAGES

MLB. Navarro, Happ help Blue Jays get even with division rival Orioles

Home-field advantage hasn't taken hold this season for the Baltimore Orioles, especially when Chris Tillman is on the mound.

The Orioles wasted a fine pitching effort by Tillman and lost to the Toronto Blue Jays 5-2 Sunday, leaving Baltimore with an unsatisfying split of the four-game series.

The defeat dropped the Orioles 4-1/2 games behind the first-place Blue Jays in the AL East and dropped their record at Camden Yards to 16-17.

Baltimore went 5-5 during a homestand against Oakland, Boston and Toronto.

Tillman (5-4) allowed three runs and eight hits in seven innings. He's 0-4 with a 2.78 ERA at home and 5-0 with a 6.33 ERA on the road.

J.A. Happ pitched effectively into the seventh inning and Dioner Navarro had three hits and two RBIs to help the Blue Jays forge a split.

"It means a lot," Navarro said.

"It's a good series in general. We made some good plays, we got some clutch hitting," Toronto slugger Jose Bautista added. THE ASSOCIATED PRESS

Jays pitcher J.A. Happ throws to an Orioles batter Sunday. GETTY IMAGES

NBA

Knicks hope to hold on to Melo

Carmelo Anthony wanted New York, and the Knicks wanted him. Now, a little more than three years after the trade that brought them together, Anthony could decide to leave.

The Knicks would like him to stay, but they realize he will have some appealing options if, as expected, he tests free agency.

"I would love to have the opportunity to work closely with Carmelo," said new Knicks coach Derek Fisher. THE ASSOCIATED PRESS

Rugby

Canada loses tight battle with Scots

Canada may have been within a couple of points of knocking off a Tier 1 rugby team Saturday, but there was no celebrating in the Canadian locker-room.

A controversial penalty in the dying minutes made sure of that.

The Canadians dropped a 19-17 decision in an international Test match at BMO Field to Scotland — a country that sits a full eight positions higher than them on the world rankings. THE CANADIAN PRESS

MLB. Marlins rally past Pirates after McGehee's sacrifice fly in the 10th

Casey McGehee completed his sacrifice-fly trot near first base, then started toward the Miami Marlins dugout and was met by the sight of the entire team gleefully sprinting toward him.

McGehee, who has delivered plenty of clutch hits this season, started a celebration Sunday with an out.

He tied the game in the eighth inning with a two-out, two-run double, then drove home the winning run with a sacrifice fly in the 10th, and the Marlins averted a series sweep by beating the Pittsburgh Pirates 3-2 Sunday. Miami earned its sixth walkoff win and broke a three-game losing streak.

"It's one of those feelings you can't really describe," said McGehee. "It's a special feeling because you've been grinding for however many innings ..." THE ASSOCIATED PRESS

MLB. Cleveland completes comeback with Swisher's winning homer in the 11th

Nick Swisher finally has something to savour in a tough season — a game-winning homer.

He had spent 16 days on the disabled list before being activated Thursday. He was batting just .203 when he came to bat in the 11th inning on Sunday.

Then he led off the inning with his fourth homer of the season, giving the Cleveland Indians their second straight 3-2 comeback win over the Boston Red Sox. THE ASSOCIATED PRESS

Nick Swisher celebrates his game-winning homer. GETTY IMAGES

Kings return to the throne

London, Ont.'s Drew Doughty celebrates the Los Angeles Kings' Stanley Cup-clinching Game 5 win over the New York Rangers on Friday night in Los Angeles. "Next year, we're going to want to win it again," Doughty said Friday night after the Kings' double-overtime victory. With two NHL championships in three years, the Kings are building a hockey dynasty in an unlikely place. CHRISTIAN PETERSEN/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

♉ Taurus
April 21 - May 21
Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

♊ Gemini
May 22 - June 21
The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

♋ Cancer
June 22 - July 23
Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

♌ Leo
July 24 - Aug. 23
Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

♍ Virgo
Aug. 24 - Sept. 23
When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

♎ Libra
Sept. 24 - Oct. 23
Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

♏ Scorpio
Oct. 24 - Nov. 22
Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

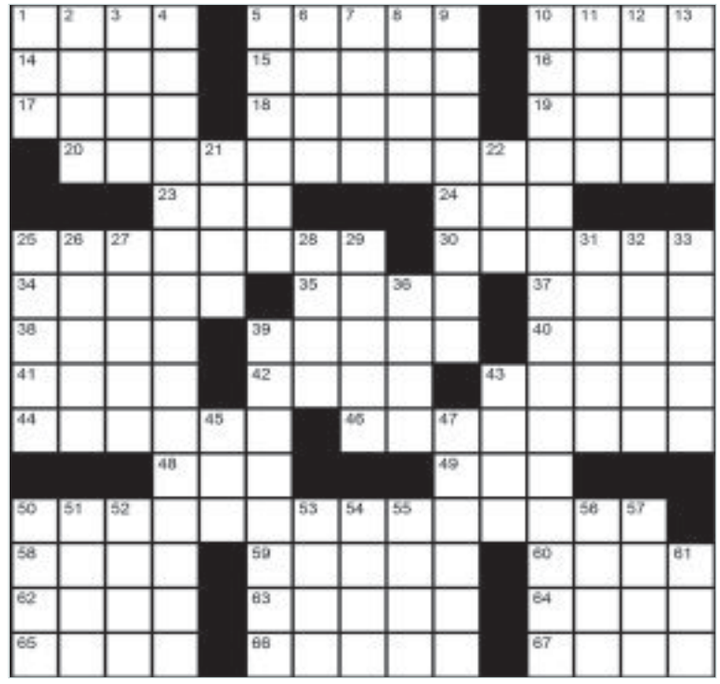
♑ Capricorn
Dec. 22 - Jan. 20
You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

♒ Aquarius
Jan. 21 - Feb. 19
When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

♓ Pisces
Feb. 20 - March 20
You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. SALLY BROMPTON

Crossword: Canada Across and Down

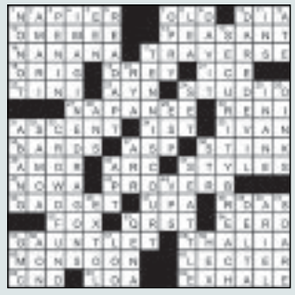
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra standout
15. Take apart the Hoover, say
16. Antarctica's Prince __ Coast
17. "Star __"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trailblazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, _ _ _-Lavalin
24. Funny! __-hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The __
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.": 2 wds.
41. Fast food titan Ray
42. No: German
43. Trim
44. __ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-__
49. Pasta names suffix
50. Serena Ryder hit: 4 wds.
58. __-hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variantly
62. Awestruck
63. Queen: Spanish
64. Particle
65. Carry
66. Ms. Sagal
67. Detect

Down
1. Baseball great Mel
2. Genuine
3. Brother of Cain
4. Summery retreat as in The Muskokas in Ontario: 2 wds.
5. Fine difference
6. "Step __ __ pets." (Furry friends palindrome)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ___
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "__ __ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud __, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, _ __
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, __ Boss
52. Commonly: 2 wds.
53. Vitamins brand, __ _ Day
54. Building block
55. Sole
56. Fall
57. Catch __ ('Get')
61. Prepared

Friday's Crossword



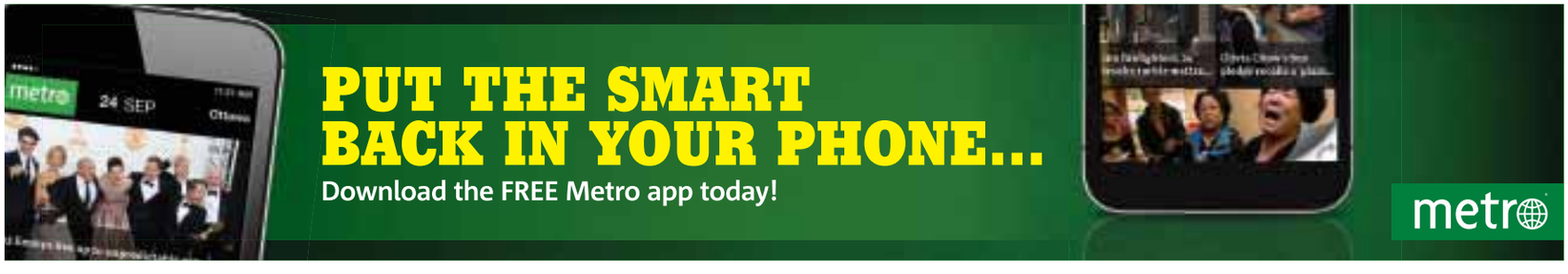
Sudoku

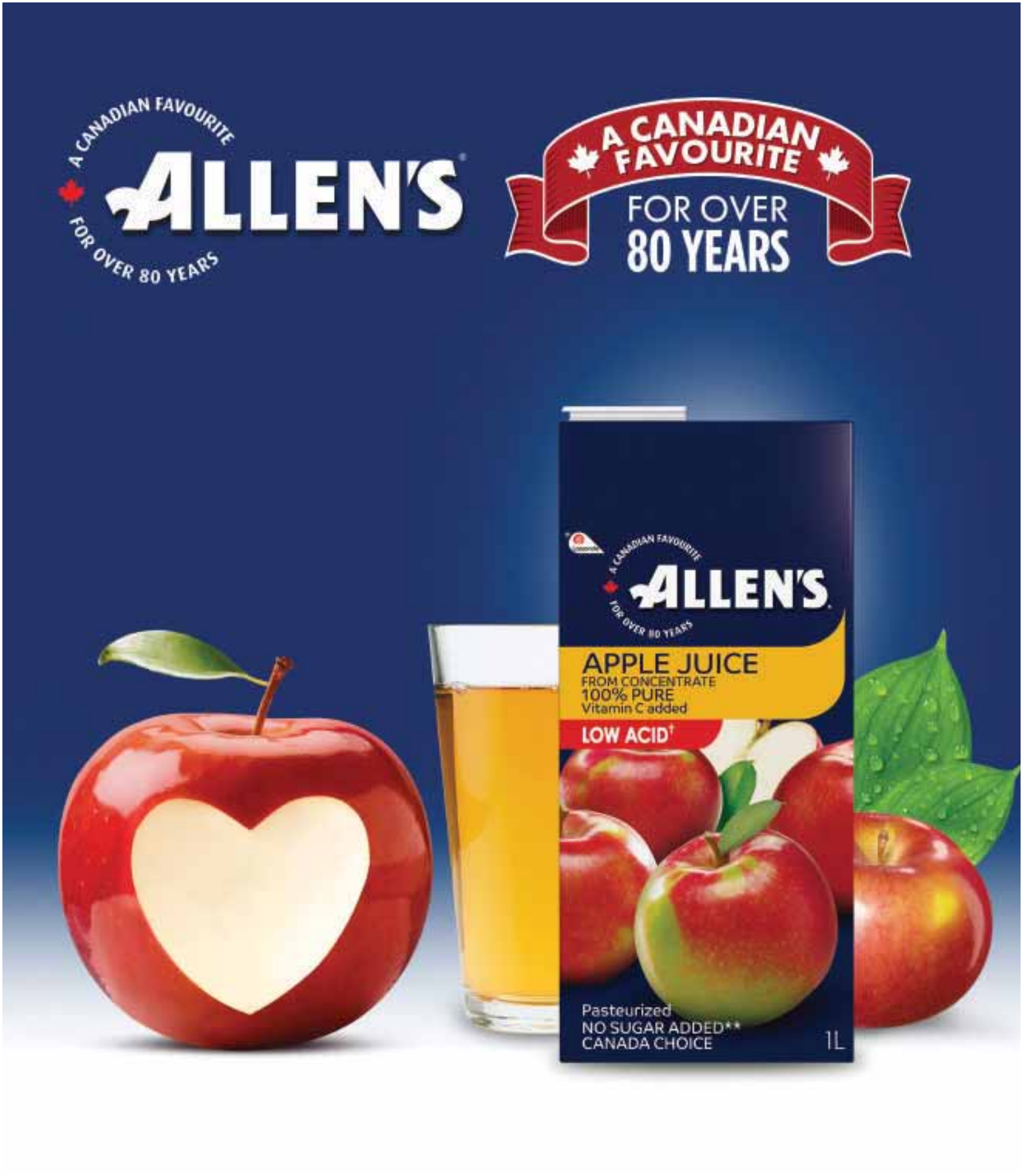
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

9		6			1		5	
			5	3				1
5			4		8			
		9					7	
		3	1		7	5		
	7					2		
		4		6				5
2			8	1				
	5		3			1		2




A CANADIAN FAVOURITE
ALLEN'S
FOR OVER 80 YEARS
A CANADIAN FAVOURITE
FOR OVER
80 YEARS
A CANADIAN FAVOURITE
ALLEN'S
FOR OVER 80 YEARS
APPLE JUICE
FROM CONCENTRATE
100% PURE
Vitamin C added
LOW ACID†
Pasteurized
NO SUGAR ADDED**
CANADA CHOICE
1L